



WEDNESDAY NIGHT
LAUNDRY RUNNERS

WNLRL Distance Runner Scholarship Award Recipients Class of 2020

Thanks to the donations from our club members, from Adam Roach's Monterey Bay Youth Track & Field Clinic, from Ingrid Aquino's 12 Days of Christmas Runnin' fundraiser, and most importantly from a very generous Big Sur Marathon Foundation grant, WNLRL gave away \$5,850 in scholarship awards this spring to outstanding track and cross country student-athletes in Monterey County's High School Graduating Class of 2020. This brings the total scholarship money awarded to Monterey High School Seniors since the inception of this program to a whopping \$150,575. To receive this award, eligible student-athletes must have some of the most competitive track and cross country times in Monterey County, must have a GPA of at least 3.0, must demonstrate good character and leadership qualities as described in a letter of recommendation by a coach and in an interview, must be actively involved in community service, and may demonstrate financial need. Eligible students are assessed on their personal-best times for the 3-mile cross country distance, and for the 3200m, 1600m, and 800m track distances. Demonstrated improvement and dedication to the sport is crucial. As such, eligible student-athletes must also intend to continue their running careers at the collegiate level.

This year, five award winners were chosen from a county-wide pool of eligible student-athletes. Many of these student-athletes you can find running local races.

High School

Alisal
Carmel
Everett Alvarez
King City
Pacific Grove

Recipient

Christopher Castro
Kieren Daste
Valerie Cervantez
Esteban Deniz
Will Stefanou

Alisal High School – Christopher Castro

As a passionate runner, team captain, and community-member, Christopher Castro exemplifies the qualities WNLR looks for in its annual scholarship recipients. Christopher achieved a personal best 16:41 3-mile time at the Crystal Springs course and has maintained a competitive edge in the shorter track distances (3200m, 1600m, and 800m) throughout his high school career. When not running or studying, he spends his time volunteering with the local Little League and giving-back to his elementary school in volunteer hours. Running has provided him with an understanding of the importance of physical fitness, a positive outlet for stress relief, and a friendly and competitive athlete community that he plans to maintain and grow as he continues to the next stage of his academic and athletic life. Christopher will be studying engineering at UC Davis in the fall.



Carmel High School – Kieren Daste



With 150+ community service hours with Monterey County search and rescue, Kieren Daste has supplemented his speedy 800m personal record of 2:01 with a passion for distance and trail running. Kieren started running in middle school and explains that it helped him make friends when his family moved to Carmel. He continued training as a runner throughout his middle school and high school career, expanding his running experience beyond the traditional high school distances into 30k, 50k, and marathon distances (specifically for BSIM 2020 before it was rescheduled). He enjoys the tough workouts that training for track, cross country, and longer-distance races provide, and he looks forward to continuing his running career at University of St Andrews in the fall.

Everett Alvarez High School – Valerie Cervantez

With a competitive 3-mile time (19:26), an impressive 800m time (2:24), and clear dedication to mastering the 3200m and 1600m distances, Valerie Cervantez ranks among the top female runners to whom WNLR has awarded scholarships. As a young runner, the sport helped her find community, and as an experienced runner, the sport has allowed her to expand her leadership skills. Valerie is more than just a runner, though. She spends much of her out-of-school time volunteering for her church, for Junior Giants, and for Ciclovía. As an exceptional student, Valerie looks forward to her next academic and career steps which will pave the way towards law school.



King City High School – Esteban Deniz



Esteban Deniz is one of the fastest runners in our 2020 scholarship recipient pool. His 16:15 3-mile and 2:01 800m times are remarkable, and his 9:36 3200m and 4:20 1600m personal bests solidify his position among our top athletes for the 2020 scholarship year. Compared to many of the other 2020 nominees, Esteban started running a little later, in high school. He initially played soccer, but his mother convinced him to try cross country and track. Once Esteban joined the running community, he grew a deep appreciation for the team dynamics and competition. As he became a leader on the King City High School track and cross country teams, his dedication to the sport became clear: he consistently cares for the last runner as much as the first. While not studying and training for his track and cross country seasons, Esteban helps coach the distance runners on the King City middle school cross country team and provides after school assistance at a local elementary school. Esteban will attend and run for Hartnell

College in the fall with plans to transfer into a four-year university to study nursing.

Pacific Grove High School – Will Stefanou

Will Stefanou is one of the WNLB Class of 2020's most athletic scholarship recipients. His 1:58 800m and 15:44 3-mile personal bests show his dedication to the sport both on the track and on the trail, and his status as team captain for two of his years on the track team and all four of his years on the cross country team further underline his commitment and passion to the sport. Will and the rest of his family participate in the local running community and make a habit of volunteering at BSIM events. When he is not studying or running, Will can be found helping his neighbors with their yards, shopping, or other chores (especially during the current health crisis). Will has excelled academically at Pacific Grove High School and will be attending UC San Diego on a Marine ROTC scholarship in the fall. He is excited to continue his running career at this new location.





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The purpose of the WNLRL Scholarship fund is to recognize local excellence in athletic and academic achievement and to help our Monterey County student-athletes achieve broader success. We hope to continue using the WNLRL Scholarship Fund to ease the financial burden of college for exceptional Monterey County student-athletes who may otherwise find college prohibitively expensive. Your donations are welcome and encouraged.

For more information about the Wednesday Night Laundry Runner Scholarship Program, please visit www.wnlr.org/scholarships

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